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| **Chickpea, chorizo and greens stew**  Serves: 24 – 30 tastes  Source: bbcgoodfood.com Thomasina Miers | |
| **Ingredients**  3 tbsp olive oil  1 large onion, chopped  2 carrots, peeled and diced  2 sticks of celery, diced  4 sprigs of thyme  2 bay leaves  2 garlic cloves, chopped finely  200g chorizo, diced  ¼ teaspoon cinnamon  1 teaspoon hot smoked paprika  2 cans of chickpeas, drained and rinsed  2 tablespoons balsamic vinegar  500g leafy greens - spinach, silverbeet and kale (from the garden) stems removed, leaves torn into small pieces and washed well  Salt and pepper | **Equipment**  Measuring scales  Measuring spoons  Chopping board  Knives  Large pot  Wooden spoon  Colander |
| **What to do:**   * Heat the oil in a large pot, then gently fry the onion for 3-4 minutes until it begins to soften. * Add the carrot and celery, thyme and bay leaves to the pot. Season with salt and pepper, then cook for 2-3 minutes, stirring occasionally * Add the garlic, chorizo, cinnamon and paprika. Cook gently, stirring, until the vegetables soften and the chorizo starts to release its oils and become crisp – about 10 minutes * Stir in the chickpeas. Vinegar and 150mls water. Bring to a simmer and cook for 5 minutes. * Add the leafy greens, stir gently until the greens have wilted. * Remove from the heat, season to taste, serve with warm crusty bread | |